# **2025 SIDELINE-TIMEOUT CHEER**

### **CROWD LEADING/OVERALL EFFECT**

*Your best sideline, crowd leading material. The use of signs, poms, flags, and megaphones are allowed.* 



					Tot	al Team Members =	
		CROWD LEADIN	G/O\	/ERALL EFFECT		RATING	TOTAL
	Checked Box Denotes Superior Performance						
	Boxes are only checked when skill was done in a superior way						
		Audience Appeal		Pitch			
		Energy		Use of Squad		C	
		Eye Contact/Confidence		Visual Effects		Superior 34 – 40 Excellent 27 – 33	
		Facial Expressions     Voice Projection				Outstanding 20 – 26 Below 0 – 19	
		Overall Crowd Leading Effectiveness		Whole Body Showmanship			
	соми	IENTS					40
udge	e's Sign	ature					
abul	ator's	Initials				SUB SCORE	0
					•		40

# 2025 JUMPS, TUMBLING & DANCE Modified 1A-2A - SHOW





<b>ALL</b>	OVERALL IMPRESSION OF JUMPS, TUMBLING & DAN *Routine goes above and beyond*	e e i e vitu	. I laine autor alcilla en ton af unaionitu difficultu alcilla	
OVERALL	(Examples, but not limited too: Visuals, Using whole team of ath Use of specialty skills, exceptional athleticism, executes more ski			
Ó	COMMENTS			5
Judge's	Signature			
Tabulat	or's Initials		SUB SCORE	0
				35

### **2025 SIDELINE-TIMEOUT DANCE**

### **CHOREOGRAPHY**

Perform your favorite timeout dance with emphasis on crowd engagement using crowd leading or entertainment.



				To	tal Team Members =	
		CHOREOGR	АРНҮ		RATING	TOTALS
	Boxes are only checked whe					
	Change of Pace Continuity Creativity	nts listed below shou	ld be <b>relative to routine style</b> . Level Changes Musical Interpretations Transitions Variety		Superior 18 – 20 Excellent 15 – 17 Outstanding 12 – 14 Below 0 – 11	
CON	MMENTS					20
Judge's Si	ignature					
Tabulator	abulator's Initials D SUB SCORE					0
						20

# **2025 SIDELINE-TIMEOUT DANCE**

### **CROWD ENGAGEMENT/OVERALL**

Perform your favorite timeout dance with emphasis on crowd engagement using crowd leading or entertainment.



			Tot	al Team Members =	
		MENT/OVERALL EFFECT		RATING	TOTALS
	Checked Box Denotes Superior Perfor	mance			
	Boxes are only checked when skill was do	one in a superior way			
	Ability to Engage Crowd with	Facial Expressions			
	Crowd Leading or Entertainment		Superior 34 – 40 Excellent 27 – 33		
	Energy	Visual Effects		Outstanding 20 – 26 Below 0 – 19	
	Eye Contact/Confidence	Whole Body Showmanship		Below 0 19	
соми	MENTS				40
Judge's Sigr	nature				
Tabulator's	Initials		SUB SCORE	0	
					40

## **2025 SIDELINE-TIMEOUT CHEER**

#### **CHOREOGRAPHY**

Your best sideline, crowd leading material. The use of signs, poms, flags, and megaphones are allowed.



				Tot	al Team Members =	
		CHOREOGR	АРНҮ		RATING	TOTALS
	Checked Box Denotes Supe Boxes are only checked when		uperior way			
	Creativity Continuity Incorporation of Specialtie Lead the Crowd	s to	Use of Floor Use of Props/Poms		Superior 18 – 20 Excellent 15 – 17 Outstanding 12 – 14 Below 0 – 11	
соми	MENTS					20
Judge's Sigr	nature					
Tabulator's	Initials				SUB SCORE	0
				·		20

# **2025 SIDELINE-TIMEOUT DANCE**

### **EXECUTION**

Perform your favorite timeout dance with emphasis on crowd engagement using crowd leading or entertainment.



				Tot	al Team Members =	
		EXECUTIO	ON		RATING	TOTALS
	Checked Box Denotes Superior I	Performance				
	Boxes are only checked when skill	was done in a su	uperior way			
	Control		Spacing		Superior 24 40	
	Fluidity of Transitions		Squad Uniformity		Superior 34 – 40 Excellent 27 – 33	
	Sharpness		Timing/Rhythm		Outstanding 20 – 26 Below 0 – 19	
COMIN	MENTS					40
Judge's Sigr	nature					
Tabulator's	Initials				SUB SCORE	0
						40

# **2025 SIDELINE-TIMEOUT CHEER**

#### **EXECUTION**

Your best sideline, crowd leading material. The use of signs, poms, flags, and megaphones are allowed.



				Tot	al Team Members =	
		EXECUTIO	ON		RATING	TOTALS
	Checked Box Denotes Superior	Performance				
	Boxes are only checked when skill	was done in a su	uperior way			
	Angles & Placement		Squad Uniformity			
	□ Sharpness/Precision □ Timing/Rhythm				Superior 34 – 40 Excellent 27 – 33	
	Spacing		Transitions		Outstanding 20 – 26 Below 0 – 19	
сом	MENTS					40
Judge's Sig	gnature					
Tabulator's	s Initials				SUB SCORE	0
<u>1</u>				•		40



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#### Total Team Members =

All categories are based on MAJORITY 50% or more of the team =

		categoi	103 01			TOTALC
	DIFFICULTY			EXECUTION		TOTALS
	STANDARD = 1 pt.			Checked Box Denotes Superior Performan		
	Single Toe Touch			Boxes are only checked when skill was done i	n a superio	or way
Samur	ELITE = 2 pts.			Form and Height		
Σ	Double Toe Touch			Proper Technique		
L L	Two Consecutive with Variety			Synchronization		
	COMMENTS	2			3	5
	* Must do Running Tumbling AND ** If you have skills from multiple levels, the highest point value				same phra	se.
	STANDARD = 1 pt.					
	Running Back Handspring(s)					
	INTERMEDIATE = 2 pts.					
	Round Off into Tuck					
ប្ន	Cartwheel Tuck		EXE	CUTION		
RUN	ADVANCED = 3 pts.			Checked Box Denotes Superior Performan	nce	
	Running Tumbling into Tuck			Boxes are only checked when skill was done i	n a superio	or way
	SUPERIOR = 4 pts.			Perfection of Skill		
	Running Tumbling into Layout			Proper Form		
GR	ELITE = 5 pts.			Proper Technique		
	Running Tumbling into Full			Synchronization		
	Cartwheel into Full					
	COMMENTS	5				
	STANDARD = 1 pt.					
	Standing Back Handspring(s)					
	INTERMEDIATE = 2 pts.					
	Standing Tumbling into Tuck					
<b>DN</b>	ADVANCED = 3 pts.		EXE	CUTION		
	Standing Tuck			Checked Box Denotes Superior Performan	nce	
IAN	SUPERIOR = 4 pts.			Boxes are only checked when skill was done i	n a superio	or way
UP STAND FUMBLING	Standing Tumbling into Layout			Perfection of Skill		
<b>DD</b>	Toe Touch Tuck			Proper Form		
GROUP STANDI TUMBLING	ELITE = 5 pts.			Proper Technique		
	Standing Tumbling into Full			Synchronization		
	Standing Full					
	COMMENTS	5			10	20
					L	

	DANCE		<b>&gt;</b>	Checked Box Denotes Superior Performanc	e	
	Change of Pace			Body Placement		
ЭC	Creativity			Sharpness		
N	Level Change and Two or More Formations			Synchronization		
DANCE				Technique		
	COMMENTS	2			3	5
	OVERALL IMPRESSION OF JUMPS, TUMBLING & DAM	ICE				
OVERALL	*Routine goes above and beyond* (Examples, but not limited too: Visuals, Using whole team of ath Use of specialty skills, exceptional athleticism, executes more ski		-		kills,	
	COMMENTS					
)						5
Judge's	Signature					
Tabulat	or's Initials			SUB SC	ORE	0
						35

# **Utah High School Activities Association** 2025 SAFETY COMPOSITE SHEET (Penalty)



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UTAH CHEER TIMING VIOLATION		QTY = Number of dedu	ictions in	each section
ENTRANCE TIME				
ROUTINE TIME			QTY	TOTAL
EXIT TIME		2pts x		0
COMMENTS				

#### **NFHS VIOLATIONS**

If the penalty j	udge feels that a team	does not have a clear understanding of the			
safety rules, di	ue to excessive rule in	fractions, they can disqualify the team.		QTY	TOTAL
	2pts x				
Rule	Page	Comments	-		

#### NFHS MINOR VIOLATIONS

eg/ boundary violations, stepping on signs or poms, discarding poms or signs, etc.	_	QTY	TOTAL
COMMENTS	0.5pts x		0
	_		

#### **UTAH CHEER GENERAL RULES VIOLATIONS**

eg/ disrupting the flow, turn sequence, tumbling in non-tumbling, etc.	_	QTY	TOTAL
COMMENTS	2pts x		0

# TOTAL PENALTY DEDUCTIONS

Judge's Signature	
Tabulator's Initials	



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DIFFICULTY					EXECUTION		
STANDARD				All categories are based on MAJORITY			
		Basket with Straight Ride			(Majority = <b>50%</b> or more of the team)		
		Double Base Full Up to Prep			Total Team Members =		
		Full Up to Prep Two Feet/Single Leg			Majority =		
		Half Up to Prep/Extended			Group Stunts =		
		Non-Release Full Up Prep/Extended			Single Base Stunts =		
			<ul> <li>3+ Checks = 4 pts.</li> <li>2 Checks = 3 pts.</li> </ul>		ELITE Pyramid Majority (if needed) =		
	Single Base Skills Single Leg Prep     1 Check = 2 pts.						
		Single Base Skills Two Foot Prep					
		Straight up to Single Leg (from ground or prep, all body positions)					
		Switch Up to Prep					
		Two Foot Extension					
		Two Foot Prep Level					
		ERIOR					
		Basket with one or more skills					
		Full Release Inversion to Prep					
		Full Release Shoulder Inversion to Extended					
		Full Up to Extended Two Feet					
STUNTS		Full Up to Lib	<b>3+</b> Checks = <b>7 pts.</b>				
		Half Up Switch Up	2 Checks = 6 pts. 1 Check = 5 pts.				
		High to High Lib					
		Prep Full Around to Prep					
		Prep to Extended Full Around Two Feet Single Base Two Feet Extended					
		Switch Up Extended Single Leg (all body positions)					
					EVECUTION	TOTALC	
	ELIT					TOTALS	
		Continuous Tick Series (two or more with variety) ends at extended			PERFECTION OF SKILL		
		Double Up to Extended			Checked Box Denotes Superior Performance		
		Full Release Inversion from Ground to Extension			Boxes are only checked when skill was done in a super	ior way	
		Full Release Inversion with Rotation			Clean Transitions		
		Full Up to Single Leg Extended (with immediate body position) Full Up Switch Up Extended			Clean Transitions Incorporation of Co-Ed Skills ( <i>if applicable</i> )		
		Hand in Hand to Extended	<b>3+</b> Checks = <b>10 pts.</b>		Proper Technique		
		High to High Full Around Extended	2 Checks = 9 pts. 1 Check = 8 pts.		□ Spacing		
		High to High Tick (with body position)			Synchronization		
		1 ½ Full Up to Extended					
		Prep to Extended Full Around Single Leg (all body positions)					
		Single Base Skills Single Leg Extended					
		Tick Full Around					
	CON	/MENTS		10	15	25	
	_	NDARD = 1 pt.			Braced Structures		
	Braced structure(s) with or without level change or transitions.  SUBERIOR = 3 attention						
ies	SUPERIOR = 3 pts. Two or more transitions and structures from Superior Stunt box, with less than 50% of group						
<b>PYRAMIDS</b> I majority still applies	<ul> <li>stunt majority top girls involved in superior skills or transitions.</li> <li>(example: Majority group stunt number is 4, uses less than 3 groups involved)</li> </ul>			Technique			
AN ity s	ELITE = 5 pts.			Two or MORE Transitions			
<b>YR</b> najoi	ELITE Pyramid Majority <i>(if needed)</i> = Two or more elite transitions and elite structures with variety from Elite Stunt box, using						
ptal n							
ţ		more than 50% of group stunt majority top girls involved in elite skills or t (example: Majority group stunt number is 4 = 3 groups involved)	เลารามบ(15.				
	CON	<b>IMENTS</b>		5	10	15	
	201						

OVERALL	OVERALL IMPRESSION OF STUNTS & PYRAMIDS *Routine goes above and beyond* (Examples, but not limited too: Visuals, Transitions, Dismounts, Variety, Using whole team of stunt groups vs majority, Whole team executing same difficulty, Use of Co-Ed Skills in Co-Ed Category, Executes more skills than minimum required to max out difficulty score.)			
NO	COMMENTS			5
Judge's	Signature			
Tabulator's Initials			SUB SCORE	0
				45



DIFFICULTY				EXECUTION			
	STANDARD			All categories are based on MAJORITY			
	Basket Straight Ride				(Majority = <b>40%</b> or more of the team)		
	Half Up to Prep	3+ Checks = 4 pts.			Total Team Members =		
	Prep Level Single Leg (all body positions)	2 Checks = 3 pts.			Majority =		
	Two Foot Extension	1 Check = 2 pts.			Group Stunts =		
	Two Foot Prep Level				Single Base Stunts =		
	SUPERIOR				ELITE Pyramid Majority (if needed) =		
	Basket with One Skill (including ball x)						
	Double Base Full Up to Prep						
	Full Release Inversion to Prep						
	Full Up to Prep Two Feet/Single Leg						
	Half Up Extension	<b>3+</b> Checks = <b>7 pts.</b>					
	Non-Release Full Up to Prep	2 Checks = 6 pts.					
	Non-Release Full Up to Extension	1 Check = 5 pts.					
	Single Base Skills Single Leg Prep						
	Single Base Skills Two Foot Prep						
	Straight Up to Single Leg Lib (from ground or prep)						
	Switch Up to Prep						
	ELITE				EXECUTION	TOTALS	
	Full Release Inversion Extended			PFR			
	Full Up to Extended Two Feet				Checked Box Denotes Superior Performance		
	Full Up to Single Leg Extended (all body)				Boxes are only checked when skill was done in a supe	erior way	
	Half Up Switch Up Extended						
	High to High (all body)				Clean Transitions		
	Kick Full Basket	3+ Checks = 10 pts.			Incorporation of Co-Ed Skills (if applicable)		
	Prep Full Around to Prep	2 Checks = 9 pts. 1 Check = 8 pts.			Proper Technique		
	Prep to Extended Full Around (Two Feet/Single Leg)				Spacing		
	Single Base Skills Extended (Two Feet/Single Leg)				Synchronization		
	Straight Up Single Leg Extended (with immediate body position, no lib)						
	Switch Up to Single Leg Extended (all body)						
						_	
	COMMENTS		10		15	25	
	STANDARD = 1 pt.						
	<ul> <li>Braced structure(s) with or without level change or transitions.</li> </ul>				Braced Structures		
	SUPERIOR = 3 pts.				Execution		
lies	Two or more transitions and structures from Superior Stunt box, with less	than 50% of group					
DS appli	stunt majority top girls involved in superior skills or transitions.				Technique		
<b>PYRAMIDS</b> I majority still app	(example: Majority group stunt number is 4, uses less than 3 groups invol	ved)			Two or MORE Transitions		
<b>RA</b>	ELITE = 5 pts. ELITE Pyramid Majority ( <i>if needed</i> ) =						
<b>ΡΥ</b>	Two or more elite transitions and elite structures with variety from Elite S	tunt box using					
tota	more than 50% of group stunt majority top girls involved in elite skills or transitions. (example: Majority group stunt number is 4 = 3 groups involved)						
COMMENTS			5		10	15	
1	OVERALL IMPRESSION OF STUNTS & PYRAMIDS						
IAL	*Routine goes above and beyond* (Examples, but not limited too: Visuals, Transitions, Dismounts, Variety, Using whole team of stunt groups vs majority, Whole team executing same difficulty, Use of						
OVERALL	Co-Ed Skills in Co-Ed Category, Executes more skills than minimum required to max out difficulty score.						
б	COMMENTS						
						5	
Judge's	Signature						
Tabulat	or's Initials				SUB SCORE	0	



revised 06/18/2024 © DIFFICULTY **EXECUTION** \* If you have skills included from multiple levels, the points with the highest value will be awarded. \*\* Stunting is a required skill in the cheer caption and must be used to lead the crowd. \*\*\* Any of the skills in each level can earn difficulty points. **STANDARD** All categories are based on MAJORITY (Majority = 50% or more of the team) □ Half Up to Prep/Extended □ Non-Release Full Up to Prep/Extended Total Team Members = 2 Checks = 6 pts. 1 Check = 5 pts. Prep Level Libs Majority = Group Stunts = Prep Level Stunts Two Foot Extensions Single Base Stunts = SUPERIOR □ Full Ups that end in Prep 2 Checks = 8 pts. Prep to Full Arounds that end in Prep 1 Check = 7 pts. □ Single Base Stunts that end in Prep Straight Up to Single Leg Lib Extended (from ground or prep) ELITE Full Ups that end in Extended Prep Full Arounds that end in Extended 2 Checks = 10 pts. □ Single Base Stunts that end in Extended 1 Check = 9 pts. Switch Libs to Extended 10 **COMMENTS** CHEER **CHEER EXECUTION CROWD LEADING** Checked Box Denotes Superior Performance Boxes are only checked when skill was done in a superior way Ability and Energy to Lead the Crowd Proper Use of Props/Poms Overall Crowdleading Effectiveness Proper Use of Skills to Lead the Crowd Precision of Props and Motions Timing/Uniformity Voice Projection, Pitch, Pace and Flow 15 COMMENTS **STUNT EXECUTION** SKILLS INCORPORATED Checked Box Denotes Superior Performance Boxes are only checked when skill was done in a superior way □ Incorporation of Co-Ed Skills (*if applicable*) Proper Technique Proper Synchronization between Groups □ Spacing 10 **COMMENTS** Judge's Signature **SUB SCORE** Tabulator's Initials 0